

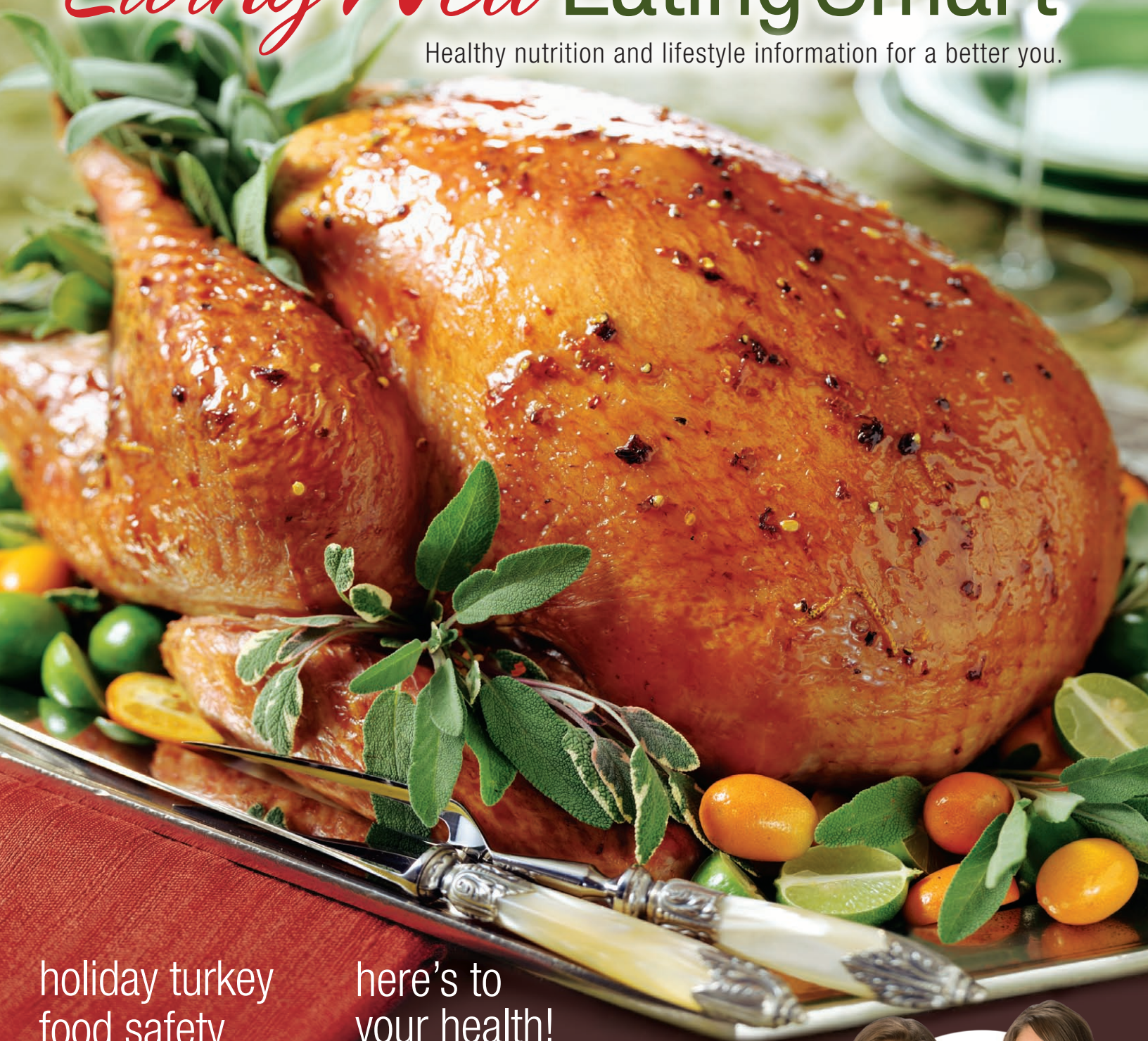
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Living Well Eating Smart[®]

Healthy nutrition and lifestyle information for a better you.



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With Big Y's Wellness Team — Registered Dietitians
Carrie Taylor and Andrea Samson



ask Carrie

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN



Follow these eight
easy tips for a
delicious and safe
holiday meal:

Holiday Turkey Food Safety

1. After purchasing your holiday turkey, freeze or refrigerate it immediately.
2. When thawing a frozen turkey use your refrigerator. Other defrosting methods (see “quick defrost” paragraph below) increase your risk for foodborne illness. To defrost, place the packaged turkey on a plate or in a plastic bag to collect juices. For every 5 pounds your turkey weighs, defrost for 24 hours. For example, a 10-pound turkey would require 2 days of defrosting.

If you do find yourself in a bind and need a quick defrost, a water bath is an option. Though, be sure to follow steps very closely to prevent foodborne illness. Leave the turkey in its packaging and submerge in a large pot of cold water. For every pound it weighs, keep submerged for 30 minutes (while changing the water every 30 minutes). Therefore, a 10-pound turkey would defrost in a water bath in 5 hours, with a total of 10 water changes.

3. Regardless of how your turkey is defrosted, cook it immediately. This becomes especially important with cold water baths, as this technique increases the risk for raising the turkey's temperature into the food safety danger zone of 40-140°F.
4. To prepare a fresh or thawed turkey for cooking, remove the neck and giblets from the body cavity. Rinse the turkey with water and dry with paper towels. Remember to use soap and hot water to wash your hands (for at least 20 seconds). Also, make sure to sanitize counters, sinks and anything else that came into contact with the raw turkey and turkey juice.
5. Cook your turkey until a digital thermometer inserted into the innermost part of the thigh reaches 180°F and thickest part of the breast reaches 170°F (without touching bone). This is recommended even if the turkey has its own pop-up thermometer!
6. If you are stuffing your turkey, do so right before roasting rather than hours before. Prevent overstuffing and pack only $\frac{3}{4}$ -cup stuffing per pound of turkey. Cook until the stuffing's center reaches 165°F. If stuffing fails to reach this temperature before the bird is finished cooking, remove and bake in a casserole dish until it reaches 165°F. Refrigerate leftover stuffing separately from turkey.
7. If your turkey is finished before mealtime, hold it safely in a 200°F oven. Simply cover to maintain moistness and ensure its temperature never drops below 145°F.
8. Place leftover turkey and side dishes in the refrigerator within an hour of serving. For large amounts, divide and store into shallow containers. This allows food to chill faster, keeping it safe. Enjoy your post-Thanksgiving turkey for 3-4 days if kept in the refrigerator or up to 4 months if kept in the freezer.

Visit BigY.com's *LivingWellEatingSmart* webpage and post a question

Send e-mails to: askcarrie@bigy.com

Write to: Ask Carrie
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102

For more food safety tips for the holiday season, visit the Partnership for Food Safety Education's Holiday Food Safety Success Kit at HolidayFoodSafety.org



cold and flu prevention

Avert cold and flu with proven guidelines, not far-fetched remedies. Sick? Feel better in no time with these tips.

Prevent: Build a Strong Defense

- Get plenty of sleep each night.
- Manage your stress levels.
- Drink plenty of fluids.
- Be physically active.
- Eat a nutritious, balanced meal plan focused on antioxidant-rich foods.

Antioxidants like zinc and vitamins A and C have been shown to strengthen the immune system. Citrus juices like *Florida's Natural® Orange Juice* are an excellent source of vitamin C. *Florida's Natural® Grower's Style™ Orange Juice* contains juicy orange bits and provides 120% of the Daily Value for vitamin C in each 8-ounce serving.

But what to do if you're a parent of a picky eater? Offer a nutritionally complete drink like *Boost® Kid Essentials* when meals are skipped or barely eaten. *Boost® Kid Essentials* contain 25 vitamins and minerals, antioxidants and an extra immune-boosting probiotic straw!

Treat: Ease Symptoms, Recover Faster

- Drink up! Getting sick can zap your body's fluids, particularly with fever, vomiting and diarrhea. Choose clear liquids such as water, 100% juice and sports drinks with electrolytes.
- Get plenty of rest so your body can recover from illness.
- Eat for strength with six to eight small meals, or snacks, as tolerated. Choose easy to digest foods like whole grain toast with peanut butter or soup and crackers.
- Relieve congestion with warm liquids like soup and tea.

Honeys like *Golden Blossom® Honey* help soothe cough and throat irritation, suggests a recent study from the *Archives of Pediatrics & Adolescent Medicine*.¹ Though effective for children, honey may contain small amounts of bacteria that can be harmful to infants — so never give before a child's first birthday. *Golden Blossom® Honey's* signature flavor comes from a blend of orange, sage buckwheat and extra white clover honeys.



www.floridasnatural.com



www.boost.com



www.goldenblossomhoney.com

¹ Paul, Beiler, McMonagle, et al. *Arch Pediatr Adolesc Med.* 2007;161(12):1140-46

2010

here's to your health!

Ring in 2010 with big impacts on your health.

RESOLUTION 1: Focus on heart-healthy fats.

Dietary fats are part of a healthy diet. For adults, it's recommended that 20-35% of total calories come from fat, with the majority from fatty fish, nuts and plant-based sources like *Chilean Hass avocados*. Each 1-ounce serving (1/3 of an avocado) of *Chilean Hass avocados* provides 3½ grams of heart-healthy fats, plus 20 vitamins, minerals and phytochemicals.

RESOLUTION 2: Say yes to dairy.

Consuming three daily servings of milk products is important for bone health and overall diet quality. If avoiding dairy due to lactose intolerance, say yes to *Real Goodness™ Valio® Real Goodness™ Lactose-Free Milk* uses an ultra filtration process to gently remove lactose, making it taste more like traditional milk rather than the sweetened flavor of other lactose-free milks.



www.chileanavocados.org



www.realgoodness.com



www.abbottnutrition.com



www.healthyones.com



www.emerils.com



www.hodgsonmill.com

RESOLUTION 3: Incorporate on-the-go nutrition.

Nutrition is key for disease prevention and management, especially when routinely on the run. *Abbott Nutrition* provides meal replacement shakes for specific needs. For individuals with diabetes, *Glucerna®* shakes are clinically proven to minimize blood sugar spikes. Choose *Ensure®* varieties like *High Protein* to boost overall nutrition. For even easier on-the-go nourishment, each is packaged in reclosable plastic bottles.

Have a minute? Pack a freshly prepared sandwich to go. Pile colorful veggies with lean protein from *Healthy Ones™ Thin Sliced Deli Meats* on whole grain bread. *Healthy Ones™ Deli Meats* are conveniently presliced without artificial flavors or sweeteners and have almost 200 milligrams less sodium per serving than most presliced deli meats.

RESOLUTION 4: Return to home cooking.

According to the National Restaurant Association, Americans are projected to spend \$565.9 billion in food-and-drink sales outside the home in 2009, compared to \$42.8 billion in 1970. Constantly eating out can burden wallets and waistlines. So, make dining out a treat and home cooking routine.

Emeril's Pasta Sauces™ bring fantastic flavors like *Roasted Gaaahlic™* to any meal and can be combined with endless combinations of whole grain pasta, veggies and lean protein sources (i.e.: chicken, fish and beans) for meals in minutes. Pair with *Hodgson Mill® Bread Mixes* and get even more whole grains. *Hodgson Mill® Honey Whole Wheat Bread Mix With Soy* is made with golden honey and all natural whole grain flour.

step-by-step

EASY AVOCADO SPREAD

A Chilean Hass avocado, mashed with a little lemon juice and some salt, can make a terrific spread for sandwiches or appetizers or even to top burgers. Follow the steps below for a variation kids can do. And this version is portable, too. Just tuck the plastic bag in the cooler to tote to tailgate events, games or parties.



1. Rinse and dry avocados. Adult Step – With a sharp chef's knife, cut in half, working around the pit.
2. Twist avocado to separate halves.
3. Using a spoon, scoop avocado flesh into a zip top plastic bag. Add a squeeze of lemon juice and salt, if desired.
4. Seal bag and mash with hands until avocado is spreadable.
5. Adult Step – Cut tip off one corner of the plastic bag.
6. Using the bag as you would a pastry bag, pipe avocado spread onto slices of French bread, crackers, chips or slices of fresh vegetables.
7. For a portable spread (i.e.: tailgating, soccer snacks, etc.) be sure to get all air out of bag before sealing. Keep in cooler until ready to pipe.

For this easy Bruschetta, just pipe or spread the avocado on slices of French bread and then top with a dab of your favorite condiment: chopped sun dried tomatoes, chutney, green or red salsa, tapenade, or even pickle relish.

For more information and great Chilean Hass avocado recipes, visit www.chileanavocados.org



holiday helpers

This holiday, get more texture, taste, nutrition, fewer calories and less fat and sodium from the foods you eat.

Healthified Holiday Meals

Prepare indulgent meals at home.

Between the hustle and bustle of the holidays, it's easy to rely on restaurant-prepared meals. But how many calories, grams of fat and milligrams of sodium do those meals provide?

Compare restaurant-prepared Cheese Ravioli in Marinara Sauce to $1\frac{1}{4}$ cups of Buitoni® Whole Wheat Four Cheese Ravioli with $\frac{1}{2}$ cup Victoria® All Natural Marinara Sauce. Without sacrificing great taste, cooking this restaurant-quality meal from home saves 270 calories, 7 grams of total and saturated fat for 340 milligrams less sodium per serving! Plus, Victoria® All Natural Sauces and Buitoni® fresh, refrigerated pastas only take minutes to prepare.

Healthified Holiday Treats

Choose sweet treats sensibly.

When craving a treat, don't deprive yourself. Simply choose treats less often and in smaller portions. Additionally, choose treats containing valuable nutrients like fiber and calcium, not just empty calories.

SMARTFOOD® Popcorn Clusters are a crunchy, sweet indulgence available in convenient portion controlled "smart packs." Their flavorful Cranberry Almond smart pack contains just 120 calories, 2 grams of fat, 75 milligrams sodium and 10 grams of sugar with 20% of the Daily Value for calcium. Their whole grain popcorn and added chicory root deliver 5 grams of fiber — great for keeping you feeling full.



www.buitoni.com



www.victoriapacking.com



www.smartfood.com



Healthified Holiday Baking

Use whole wheat flour in place of traditional flour.

The 2005 U.S. Dietary Guidelines recommend consuming at least three servings of whole grains daily. Whole grains contain all parts of the grain (bran, germ and endosperm) and thereby provide more fiber, vitamins and minerals than their highly refined counterparts. Additionally, diets rich in whole grains may lower the risk for health complications like heart disease and diabetes.

One easy way to include more whole grains is baking with King Arthur® Whole Wheat Organic Flours. For hearty texture choose traditional King Arthur® Whole Wheat Organic Flour. For milder flavor and lighter color, choose their White Whole Wheat Organic Flour.

Replace high-fat ingredients with yogurt.

For smooth and velvety dips, cheesecakes and spreads, holiday recipes often have you reaching for high-calorie, high-fat ingredients like cream cheese, sour cream and mayonnaise. Instead of weighing down decadent dishes with a calorie and fat overload, substitute with rich, creamy yogurt.

Stonyfield® Organic Yogurt quarts are ideal for healthful baking. Substituting just 1 cup Stonyfield® Organic Lowfat Yogurt for 1 cup mayonnaise or sour cream in recipes can save 46 grams of fat! Stonyfield® Organic Yogurts provide their signature blend of six live active cultures for digestive health along with calcium, protein and vitamin D.

Trade saturated and trans fats for unsaturated fats.

Saturated and trans fats increase blood cholesterol level and risk for heart disease and stroke. Therefore, it's important to limit your intake of both. While trans fats can be found in shortening and some margarines, saturated fats are found in butter, tropical oils, shortening and lard. However, unsaturated fats found in oils have been shown to lower blood cholesterol levels when used in place of saturated and trans fats.

Light in flavor, Carapelli® Extra Light Olive Oil provides mono- and polyunsaturated fat, making it the perfect substitution for butter, margarine and tropical oils. Wondering how to substitute olive oil for butter and margarine in recipes? Use the Carapelli® conversion chart below. Making a dressing or marinade? Choose full-flavored Carapelli® Extra Virgin Olive Oil over their Extra Light variety.



www.stonyfield.com



www.kingarthurflour.com



www.carapelliusa.com

BUTTER/MARGARINE	EXTRA LIGHT OLIVE OIL
1 teaspoon	$\frac{3}{4}$ teaspoon
1 Tablespoon	2 $\frac{1}{4}$ teaspoons
2 Tablespoons	1 $\frac{1}{2}$ Tablespoons
$\frac{1}{4}$ cup	3 Tablespoons
$\frac{1}{3}$ cup	$\frac{1}{4}$ cup
$\frac{1}{2}$ cup	$\frac{1}{4}$ cup + 2 Tablespoons
$\frac{2}{3}$ cup	$\frac{1}{2}$ cup
$\frac{3}{4}$ cup	$\frac{1}{2}$ cup + 1 Tablespoon
1 cup	$\frac{3}{4}$ cup

Honey Wheat Rolls

ingredients:

2¼ teaspoons	instant yeast	1 cup	King Arthur® Organic All-Purpose Flour
1 cup	lukewarm water	2 cups	King Arthur® Organic Traditional Whole Wheat or White Whole Wheat Flour
¼ cup	Big Y® orange juice		
¼ cup	Big Y® unsalted butter, cut into 6 pieces	1¼ teaspoons	salt
3 tablespoons	Golden Blossom® Honey	⅔ cup	Big Y® instant mashed potato flakes
		¼ cup	Big Y® nonfat dry milk

directions:

1. Combine yeast and water. Add remaining ingredients, mixing and kneading by hand, mixer or bread machine (set on dough cycle) until dough is smooth. If kneading in a stand mixer, it should take about 5-7 minutes at second speed.
2. Place dough in a lightly greased bowl.
3. Cover bowl and allow dough to rise at room temperature until puffy but not necessarily double in bulk (about 1½-2 hours).
4. While dough is rising, lightly grease a 9x13 inch pan or two 9-inch round cake pans.
5. Gently deflate dough and transfer to a lightly greased work surface. Divide into 16 pieces.
6. Shape each piece into a ball, rolling under the palm of your hand to smooth out.
7. Place all rolls in a 9x13 inch pan, or eight rolls in each round cake pan, spacing evenly.
8. Cover pan(s) with lightly greased plastic wrap and allow to rise for an additional 1½-2 hours. Meanwhile, preheat oven to 350°F.
9. Bake rolls for 15 minutes. Then, tent loosely with aluminum foil and continue to bake for 10-13 minutes or until lightly browned on top.
10. Remove rolls from oven and set on cooling rack in pan. After 2-3 minutes, carefully transfer rolls from pan directly onto cooling rack. Serve warm or at room temperature.

nutrition facts:

Calories 130, Total Fat 3.5 g, Saturated Fat 2 g, Sodium 190 mg, Cholesterol 10 mg, Carbohydrates 22 g, Fiber 2 g, Protein 4 g

Recipe from King Arthur® Flour. Visit www.kingarthurflour.com for more delicious whole grain recipes.



weight management

Whether looking to maintain your current weight or lose a few pounds, successful weight management can be indulgently fun with these simple steps.

Break the Fast with Breakfast

For successful weight management, breakfast is a must. In fact, study after study shows breakfast eaters have leaner bodies than those who skip. For a quick breakfast with more, opt for fiber-rich ready-to-eat cereals like Kashi® Cereals. Kashi® offers tasty varieties like Heart to Heart® Honey Toasted Oat and Organic Promise® Autumn Wheat®.

Incorporate Mindful Snacking

Keep hunger and weight in check throughout the day with planned snacks. Including nutritious snacks helps control appetite and prevents overeating at mealtime. Pack healthful, portable snacks to have on hand like Kashi® TLC™ Granola Bars. Flavors like Roasted Almond Crunch contain protein, heart-healthy fat, 4 grams of fiber and less sugar than other granola bars to help keep you feeling full.

Pack Lunch from Home

Brown-bagging it is a great way to stay on track with meal plan goals and control the amount of calories and fat you eat.

Healthy Choice® Complete Selections and Café Steamers™ frozen meals offer satisfying options like Classic Meat Loaf and Grilled Basil Chicken for less than 350 calories each.

For a lighter meal, pair Healthy Choice® Microwaveable Soup Bowls with a sandwich or garden salad. Each soup provides a full serving of vegetables with more fiber and less sodium than other soups.

Healthy Choice® frozen meals and soups are certified by the American Heart Association®. Look for their heart-check mark logo highlighting items lower in saturated fat and cholesterol.

Practice Portion Control

Controlling portion sizes (i.e.: amount of food you eat) is a simple way to cut excess calories and maintain a healthy weight. If loading up on cheese is your weakness, indulge with Weight Watchers® Cheese. Individually packaged Reduced Fat Cream Cheese Spread Cups and Light String Cheese make portion control easy and delicious.



www.kashi.com



www.kashi.com



www.healthychoice.com



www.weightwatchers.com

HOMEMADE FOR THE HOLIDAYS

Winter months are the perfect time to create homemade gifts, especially when it's too cold to play outside! Make the Cinnamon Cutout Ornaments below with Mom and Dad and hang on your Christmas tree or give as gifts to family and friends.

CINNAMON CUTOUT ORNAMENTS

INGREDIENTS:

- 1 cup Big Y® cinnamon, ground
- $\frac{2}{3}$ cup Big Y® applesauce

MATERIALS:

- 1 tablespoon white glue
- Mixing bowl
- Spoon
- Rolling pin
- Holiday cookie cutters
- Cookie sheets
- Drinking straw
- Ribbon

DIRECTIONS:

1. Mix cinnamon, applesauce and glue in bowl until it becomes a stiff dough. If mixture is too thin, add more cinnamon. If mixture is too dry, add more applesauce.
2. Lightly sprinkle a work surface with cinnamon. Using a rolling pin, roll dough out to a $\frac{1}{4}$ -inch thickness. Then cut shapes using your favorite cookie cutters.
3. Place cutouts on cookie sheet and create a hole through the top of each using a drinking straw.
4. Allow ornaments to air-dry for 24 hours, turning occasionally until dry. Or, bake in a 250°F preheated oven until hard. Be sure not to over-bake, as ornaments will crack.
5. Thread ribbon into holes and hang.

